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Bodies found in Cleveland

Police say serial killer may have influenced man suspected of killing at least 3 women PAGE 6

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Refuse to lose

Two families' stories of friendship and dedication, even amid heartbreak. PAGE 4

Lidia Curcio (family photos on left) and Dev Jude (family photos on right) met in an oncology support group and became friends while their children battled cancer. Both women have made a shortlist for a Mom of the Year award.

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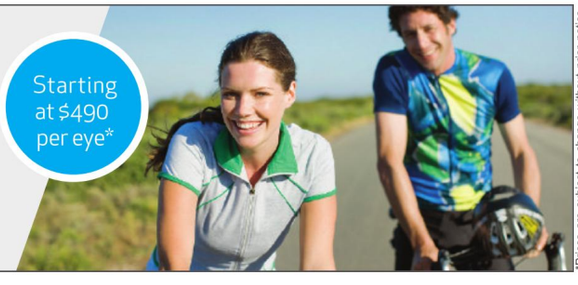

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15th-floor rescue

Residents displaced after highrise fire

Firefighters are trying to determine the cause of a fire that displaced 15 to 20 people and caused $250,000 in damages to an apartment building at 2870 Cedarwood Dr. on Sunday.

Ottawa Fire Services responded at 5:21 a.m. after callers reported flames near the top of the building. Several people had to be rescued from the 15th floor, where apartments filled with smoke.

Paramedics said a 32-year-old man was sent to hospital for smoke inhalation and burns to his hands. He remains in serious condition. A 70-year-old woman was also sent to hospital in serious condition for smoke inhalation. JOE LOFARO/METRO

Under investigation

Garage fire causes $150K in damages

A man's attempt to douse a garage fire with a garden hose in south Ottawa on Sunday was unsuccessful as the blaze caused $150,000 in damages.

Ottawa Fire Services responded to 86 Amberwood Cres. at 11:06 a.m. and quickly extinguished flames that were shooting through the roof. The father of one of the owners of the home was at the scene and was not injured. The cause of the fire is under investigation. JOE LOFARO/METRO

Charges laid

Curator arrested on child-porn charges

A curator at one of Ottawa's leading museums for children was charged with possession and distribution of child pornography after a series of raids on Thursday night.

Franz M. Klingender, 59, curator of agriculture at the Canada Science and Technology Museum, was arrested at Toronto's Pearson International Airport on several counts.

Klingender has worked at the museum since 1999. The Canada Science and Technology Museums Corporation issued a statement saying it was "deeply troubled" by the allegations. GRAHAM LANKTREE/METRO

South Africa not diplomatically immune to wrongful-dismissal lawsuit, Ottawas judge rules

An Ottawa judge has rejected South Africa's attempt to get a wrongful-dismissal suit by a former embassy worker tossed out on the basis of diplomatic immunity.

In a July 17 decision on a motion by the South African government to have the claim dismissed, Justice Gary Tranmer said there is an exception in the State Immunity Act concerning commercial activities.

Sandra Roy, a clerical worker at the South African High Commission was dismissed in 2010 after almost 12 years of work when the country consolidated some of its consular operations in Toronto. She alleges she was targeted for termination due to illness — a claim that has not been proven in court, but one that the judge ruled could fall into the State Immunity Act exception.

"I cannot find that it is clear, plain, obvious and beyond doubt that the plaintiff would not fall within the commercial activity exception contemplated by the State Immunity Act," Tranmer wrote. He noted Roy had held an administrative position, did not have access to diplomatic materials and was not a diplomat or a civil servant for South Africa.

The country also tried unsuccessfully to have the case thrown out on the basis of an argument that the defendants named in Roy's statement of claim didn't exist. Tranmer also rejected the argument, noting Roy's T4s, termination letter and a reference letter were all issued by the South African High Commission.

SEAN MCKIBBON/METRO

Richmond. Driver killed in motorcycle accident

The 22-year-old driver of a motorcycle has died after an accident on Old Richmond Road early Sunday, Ottawa police say.

The vehicle was travelling northbound when it veered from a curve in the road and struck a guardrail, police said.

Police responded to the incident at 1:10 a.m. Sunday and the male driver was pronounced dead at the scene. Police have not released the man's identity and continue to investigate the crash.

METRO

Storm cleanup continues as power slowly restored

Wham! Report suggests there's no evidence tornado touched down

JOE LOFARO
joe.lofaro@metronews.ca

Twitter user Sarah Turner (@sarahteeeee) tweeted this photo of a cloud formation over the Walmart on Strandherd Drive in Barrhaven as a powerful storm rolled through Ottawa on Friday afternoon. CONTRIBUTED/TWITTER.COM/SARAHTEEEEE

Thousands of people across Ontario and Quebec were still without power on Sunday, after Friday's massive storm swept through the region, bringing down trees and hydro wires.

High winds and rain reached downtown Ottawa at about 3 p.m. Hydro Ottawa said at least 8,000 customers were without power in the south end after the storm struck the capital.

In Petawawa, there were at least 2,500 customers without power on Sunday afternoon, Hydro One said. Hydro Ottawa did not report any unplanned power outages on Sunday.

In Gatineau, police said a downed tree fell onto Tache Boulevard on Friday, blocking both lanes to Aylmer.

Several people who were caught in the fray took to Twitter to share photos of the storm, including Sarah Turner. She tweeted a picture of what looked like a funnel cloud ominously hovering over the Walmart in Barrhaven.

Environment Canada did not respond to a request for comment on Sunday. But spokesperson Peter Kimbell told the Ottawa Citizen the cloud formation in the photo was either a wall or tail cloud and there was no evidence a tornado touched down in the Ottawa area.

Some 500,000 customers had no power as the storm barrelled through Quebec, bringing 100 kilometre-per-hour winds. The number was reduced to about 80,000 by late Sunday afternoon.

Crews continued to clean up debris and branches on Sunday.

WITH FILES FROM GRAHAM LANKTREE/METRO AND THE CANADIAN PRESS

Elder-care changes will have wide impact: Caregivers

Changes to in-home physiotherapy for Ontario seniors have deprived many of care, saying, but the province disputes the claim.

"Even though the government says it's going to be an increase in services, with the mathematics, we have seen less amount of money being funded to this," said Nanda Nair, an assistant physiotherapist at a retirement home in South Keys.

Nair was among protesters who gathered outside the offices of John Fraser, Liberal candidate in the upcoming Ottawa South byelection.

The province is moving seniors' physiotherapy programs from the Ontario Health Insurance Plan in favour of the service being managed by Local Health Integrated Networks. It says the physio budget will go to $156 million from $146 million annually, and will double patient care.

The province says seniors' exercise classes were being billed to OHIP as physiotherapy, making it the fastest-growing cost in health care, even though most sessions were not carried out by physiotherapists.

GRAHAM LANKTREE/METRO

Local mothers shortlisted for Mom of the Year award

Refusing to lose. The two women faced their kids' cancer diagnoses and swore to fight the disease

JOE LOFARO
Metro in Ottawa

Two Ottawa moms who met each other at an oncology support group last year during their kids' battles with cancer are now in the top 20 of the second edition of Walmart's Mom of the Year contest.

Dev Jude and Lidia Curcio have the chance of winning $10,000 for a charity of their choice and $10,000 for themselves along with five other finalists if they make the top seven. An eighth winner will be named Mom of the Year and win a $100,000 donation to a charity of her choice and $10,000 for herself.

The contest website says more than 20,000 moms have been narrowed down to 20 so far.

Jude, who spent the better part of three years in and out of hospitals with her son Bryce before he passed away last September at age seven, knows exactly where she wants to donate the money if she makes the cut.

The Candlelighters childhood cancer support program is what helped take Bryce's mind off his treatments for a rare form of leukemia. He was diagnosed at age four. Tragically, Bryce died 10 days after his seventh birthday.

He is survived by his parents and his younger brothers Mason, 6, and Colby, 3. His mother's first words to describe him were said through tears.

"He was awesome. He was a really good big brother," said Jude in an interview Sunday. "He was just a really good little boy. He never really got a chance to go to school, yet he was so smart. He was a real fighter."

At the time, Jude said doctors at the Children's Hospital of Eastern Ontario (CHEO) hadn't seen the Philadelphia chromosome ALL type of leukemia in 10 years. Following 18 months of treatment, Bryce was airlifted to Toronto's Sick Kids hospital, where he received a bone-marrow transplant from his brother Mason.

His condition improved in June 2012 back in Ottawa, but then it worsened before he went into remission again in July. A neurological side effect of a cancer treatment is what ultimately killed Bryce, she said.

Throughout the ordeal, she said, friends and family supported her and her son through various fundraisers and donations, which she has vowed to repay. She has also vowed to continue supporting Candlelighters and their "Suite Seat" program.

Jude said the program lets patients like Bryce, who was an avid Ottawa Senators fan, attend some of the games at the Canadian Tire Centre in a private box seat.

"He loved it there. It was really important for him and us," she said. "To some people it might seem frivolous, but your whole world has stopped."

Jude wants to keep that program alive through her work with refusetolose.ca — an initiative she started to help raise $50,000 annually for Candlelighters. Winning money in Walmart's contest will make that goal a reality.

"For me it doesn't bring Bryce back, but it makes me feel like we're honouring him and trying to do something positive out of all this," she said. "I don't care for the title; I'm just excited for the chance to win the money for the charity."

Lidia Curcio is also in the top 20. A friend nominated her for fundraising efforts for childhood cancer research after her daughter, Gabriella, was diagnosed at age 5 with a Wilms' tumour — a common pediatric cancer found in the kidney.

"You never think your kid is going to get cancer. You never think it's going to happen to you," said Curcio. "And it does. And it was a lot of crazy moments, and now she finished her chemo this spring. She's just now starting to return to her old ways."

Gabriella had to undergo blood transfusions, three surgeries, one of which was to remove a kidney, and rounds of chemotherapy. As of three weeks ago, Gabriella is cancer-free and her mom hopes it stays that way.

In the meantime, Curcio is continuing her fundraising efforts and has one planned this fall at the Sala San Marco banquet hall in September.

"We've raised over $100,000 in nine months for all the charities we work with and we'll keep going," she said.

The Gabriella's Groupies have helped support childhood cancer research by donating funds to the Sears Canada Charitable Foundation, Candlelighters and CHEO.

"You can drown in your sorrows for only so long. You need to put your energy into making a positive impact in the world and I want to show Gabriella the same thing," said Curcio. "(During) the CHEO telethon, she sat there for like three hours with me and watched it and asked me, the day after her birthday party, if she could give her birthday money to the kids."

If Curcio wins the charity money, she said she wants to put it toward local cancer research at CHEO and to encourage doctors to request more federal government funding.

"Until there's more money in it, more people working on this research, we're not going to find those cures to keep kids around forever and do great things in the world," she said.

People can vote via Facebook or by visiting momoftheyear.ca.

Quoted

"For me it doesn't bring Bryce back, but it makes me feel like we're honouring him and trying to do something positive out of all this.... I don't care for the title; I'm just excited for the chance to win the money for the charity."

Dev Jude
On her son Bryce, who died from cancer, and on potentially winning Mom of the Year

Dev Jude hugs her son Bryce at the family's home last July. Jude has been nominated for a Mom of the Year award. Bryce died last year at the age of 7 following a battle with cancer. COURTESY OF VANESSA DEWSON

Lidia Curcio and her daughter, Gabriella, attend an Ottawa Senators game at the former Scotiabank Place in February. CONTRIBUTED

Quoted

"You can drown in your sorrows for only so long. You need to put your energy into making a positive impact in the world and I want to show Gabriella the same thing."

Lidia Curcio
Speaking about her daughter Gabriella, who as of three weeks ago is cancer-free

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More dead bodies to be found in Cleveland houses: Police

Serial murders. Volunteers told to pay attention to strange smells and plastic bags after suspect arrested

Searchers rummaging through vacant houses in a neighbourhood where three bodies were found wrapped in plastic bags should be prepared to find one or two more victims, the police chief of a Cleveland suburb said Sunday.

Police Chief Ralph Spotts told the volunteers to brace themselves for the smell of rotting bodies and to look out for trash bags that might conceal a body. He declined to elaborate on his comments about the possible one or two additional victims.

When asked about Spotts' remark, East Cleveland Mayor Gary Norton said authorities have "lots of reasons" to suspect there are more victims, but he refused to say why.

A 35-year-old registered sex offender in custody is a suspect in the deaths, Norton said. The suspect, who was arrested Friday after a police standoff, has indicated he might have been influenced by Cleveland serial killer Anthony Sowell, who was convicted in 2011 of killing 11 women and sentenced to death, Norton said.

"He said some things that led us to believe that in some way, shape or form, Sowell might be an influence," Norton told The Associated Press.

The man has not been charged.

A report of a foul odour emanating from a home led police to the discovery of the first body, found in a garage, and to the suspect. Two other bodies were found Saturday — one in a backyard and the other in the basement of a vacant house. The bodies, all female, were found about 100 to 200 metres apart, and authorities say the victims were killed in the last six to 10 days. THE ASSOCIATED PRESS

Copycat killer?

"He said some things that led us to believe that in some way ... Sowell might be an influence."

East Cleveland Mayor Gary Norton, on the murder suspect's possible connection to convicted Cleveland serial killer Anthony Sowell.

East Cleveland residents gather outside an abandoned house to help search for more bodies on Sunday. Police Chief Ralph Spotts told volunteers he believes there could be one or two more victims. TONY DEJAK/THE ASSOCIATED PRESS

Vanishing women

A disturbing trend in a quiet city

It's the third recent high-profile case in the Cleveland area that involves missing women.

In May, three women who separately vanished a decade ago were found captive in a run-down house. Ariel Castro, a former school-bus driver, has pleaded not guilty to nearly 1,000 counts of kidnap, rape and other crimes.

In 2009, Anthony Sowell was arrested after a woman escaped from his house and said she had been raped there. Police found the mostly nude bodies of 11 women throughout the home.

Sowell's victims ranged in age from 24 to 52, all were recovering or current drug addicts, and most died of strangulation; some had been decapitated, and others were so badly decomposed that coroners couldn't say with certainty how they died.

Crowds across the U.S. rally for Trayvon Martin

Jaquin Nelson, 6, wears a hooded sweatshirt during Sunday service in New Orleans as part of a "Hoody Sabbath," in reaction to a Florida jury's acquittal of George Zimmerman. GERALD HERBERT/THE ASSOCIATED PRESS

Crowds chanted "Justice! Justice!" as they rallied in dozens of U.S. cities Saturday, urging authorities to change self-defence laws and press federal civil rights charges against a former neighbourhood watch leader found not guilty in the shooting death of an unarmed black teenager.

The National Action Network, led by the Rev. Al Sharpton, a prominent civil-rights activist, organized the "Justice for Trayvon" rallies and vigils on Saturday outside federal buildings in more than 100 cities one week after a jury acquitted George Zimmerman in the February 2012 shooting death of 17-year-old Trayvon Martin in a gated central Florida community.

The case has become a flashpoint in separate but converging national debates over self-defence, guns and race relations. Zimmerman, who successfully claimed that he was protecting himself when he shot Martin, identifies himself as Hispanic. Martin was black.

In New York, hundreds of people — including Martin's mother, Sybrina Fulton, and music superstars Jay-Z and Beyonce — gathered in the heat. THE ASSOCIATED PRESS

Stand-your-ground law

Despite an outcry from civil rights groups, a call for close examination by President Obama and even a 1960s-style sit-in at the Florida governor's office, the jury's verdict that George Zimmerman was justified in shooting an unarmed black teenager is unlikely to spur change to any of the stand-your-ground self-defence laws in U.S. states.

- At least 22 states have laws similar to that in Florida, according to the National Conference of State Legislatures. Many are conservative and lean toward laws that defend gun owners' rights.
- There does not appear to be an appetite in Florida or other states to repeal or change the laws, which generally eliminate a person's duty to retreat in the face of a serious physical threat. In fact, some states are moving in the opposite direction.

Caucasus Mountains

Russian Muslims joining rebels in Syria: Official

The leader of a restive province in Russia's Caucasus Mountains says local Islamic militants are fighting alongside rebels in Syria and could further destabilize their home region when they return.

Ramazan Abdulatipov, the acting president of the province of Dagestan, said in remarks posted on his website Sunday that the "export of extremists" should be prevented by making it hard for militants to leave Russia.

"These people go there and they will come back tomorrow with the backing of international extremist and terrorist organizations," Abdulatipov said during a meeting with local officials Friday.

Andrei Konin, the head of the regional branch of Russia's Federal Security Service, the main KGB successor agency, told the meeting that about 200 residents of Dagestan are currently in Syria, and some of them are fighting alongside rebels. THE ASSOCIATED PRESS

Ramazan Abdulatipov, acting president of the province of Dagestan. THE ASSOCIATED PRESS FILE

Rebel hotbed

Dagestan has become the epicentre of the Caucasus insurgency, with rebels mounting nearly daily attacks on police and other officials.

- One of the two ethnic Chechen brothers from Russia who are accused of staging the Boston Marathon bombings spent six months last year in Dagestan. Russian investigators have been trying to determine whether he had contact with local rebels.

Syria

Troops kill 20 civilians, nearly 50 rebels in clashes

Government troops fired mortar rounds that slammed into a main market in a town in northern Syria on Sunday, killing at least 20 civilians, activist groups said.

The mortar shells struck the town of Ariha, which is held mostly by opposition fighters, a few hours ahead of iftar, the meal that breaks the dawn-to-dusk fast during the Muslim holy month of Ramadan.

The U.K.-based Syrian Observatory for Human Rights and the Local Coordination Committees, two opposition groups tracking the violence in Syria, said at least 20 people were killed including two children and two women. It was not immediately clear what triggered the shelling.

Also Sunday, state media said government forces killed nearly 50 rebels near Damascus. THE ASSOCIATED PRESS

Two U.S. jets 'bomb' Great Barrier Reef

Aborted mission. Four practice bombs dropped away from coral to minimize possible damage, navy said. None exploded

Two American fighter jets dropped four unarmed bombs into Australia's Great Barrier Reef Marine Park last week when a training exercise went wrong, the U.S. navy said, angering environmentalists.

The two AV-8B Harrier jets launched from aircraft carrier USS Bonhomme Richard each jettisoned an inert practice bomb and an unarmed laser-guided explosive bomb into the World Heritage-listed marine park off the coast of Queensland state on Tuesday, the U.S. 7th Fleet said.

The jets had intended to drop the ordnances on the Townshend Island bombing range, but aborted the mission when controllers reported the area was not clear of hazards. The pilots conducted the emergency jettison because they were low on fuel and could not land with their bomb load, the navy said. The emergency happened during the biennial joint training exercise Talisman Saber, which brings together U.S. and Australian military personnel over three weeks.

The Great Barrier Reef, the world's largest network of coral structures, is rich in marine life and stretches more than 3,000 kilometres along Australia's northeast coast. THE ASSOCIATED PRESS

An aerial view of the Great Barrier Reef in Cairns, Australia. GETTY IMAGES FILE

Ban on veils

Paris suburbs see another night of violent protests

Some 20 cars were torched in a second night of violence in suburbs west of Paris in apparent protest over the enforcement of France's ban on Islamic face veils. The incidents overnight targeted the town of Elancourt.

The night before, about 250 people clashed with police in the nearby town of Trappes

THE ASSOCIATED PRESS

Family feud

Warring families clash, leaving 7 dead in Philippines

At least seven people are dead in the Philippines after two families locked in a longstanding feud battled each other with guns, police said.

Armed members and followers of the Macugar and Capal families confronted each other late Friday in a village of Bayang town in Lanao del Sur province.

THE ASSOCIATED PRESS

This undated aerial photo released by the Israel Antiquities Authority shows the archeological site in Khirbet Qeiyafa, west of Jerusalem.
SKYVIEW/HOEP/THE ASSOCIATED PRESS

King David's palace? Israeli archaeologists' claim draws skepticism

A team of Israeli archaeologists believes it has discovered the ruins of a palace belonging to the biblical King David, but other Israeli experts dispute the claim.

Archaeologists from Hebrew University of Jerusalem and Israel's Antiquities Authority said their find, a large fortified complex west of Jerusalem at a site called Khirbet Qeiyafa, is the first palace of the biblical king ever to be discovered.

Critics said the site could have belonged to other kingdoms of the area. The consensus among most scholars is that no definitive physical proof of the existence of King David has been found.

THE ASSOCIATED PRESS

Just visiting

Yossi Garfinkel, who led the seven-year dig with Saar Ganor of Israel's Antiquities Authority, believes King David lived permanently in Jerusalem in a yet-undiscovered site, only visiting Khirbet Qeiyafa or other palaces for short periods.

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Charge it! That could cost you

Credit cards. Decision in Visa, MasterCard complaint may mean those with 'premium' cards could pay more, be rejected by merchants

A ruling expected this week on a complaint against Visa and MasterCard could significantly change how consumers use credit cards in Canada.

The federal Competition Tribunal is set to issue a decision Tuesday on whether rules imposed on merchants by the credit card giants are too restrictive.

Striking down the rules could allow merchants to either reject certain cards that offer incentive points, or charge consumers more for using them.

Under the current rules, merchants are required to accept all Visa and MasterCard offerings, but are prevented from charging an additional fee to those who pay with so-called premium cards, which come with higher costs.

Canada's Commissioner of Competition filed a formal complaint with the tribunal in May 2012, accusing Visa and MasterCard of engaging in anti-competitive behaviour. THE CANADIAN PRESS

Cost of doing business

2.65%

For merchants, credit card interchange fees range from a low of 1.54 per cent for accepting a basic card to as high as 2.65 per cent for "premium" cards that offer cardholders travel points or other incentives. Consumers could soon face retailer surcharges for using premium cards, warns the Canadian Bankers Association.

Sweet as a Georgia ... blueberry?

What is the most valuable fruit crop produced in the Peach State? While Georgia is famous as a major producer of the peach, with the image appearing on state licence plates, "Welcome to Georgia" billboards and road signs, blueberries are Georgia's most lucrative fruit crop. Blueberries generated an estimated $94 million for Georgia growers in 2012, compared to a $30 million peach crop, says the U.S. Department of Agriculture. JAIME HENRY-WHITE/THE ASSOCIATED PRESS

Bottling facility

Coca-Cola strike ends after 3 weeks

Production will resume at a Coca-Cola bottling facility in Brampton, Ont., on Monday, ending a three-week strike at the company's largest Canadian plant.

A spokesman for the Canadian Auto Workers says a new three-year deal for 700 union workers was approved by a strong majority.

Jerry Dias says pension benefits and concerns over outsourcing were the biggest issues that have now been resolved in the new agreement.

THE CANADIAN PRESS

Halifax. Push by baristas to unionize could spread across Canada, leader says

Coffee-shop workers in Halifax are leading a push to unionize in what could serve as a model for baristas elsewhere in Canada, one national union says.

In recent months, employees at one café joined a union and workers at two others have launched efforts to do the same.

Labour organizing in the service industry has been traditionally low for both ideological and economic reasons, said David Doorey, a professor of labour and employment law at York University in Toronto in an email.

"It is a highly competitive industry, and employers believe unionization will pose a threat to their profit margins." THE CANADIAN PRESS

Young workers uniting

"I've been taking calls from ... across the country who've been following this trend in Halifax ... looking at it as a model for talking to young workers in other cities."

Tony Tracy, Atlantic representative for the Canadian Labour Congress

RECESS BEGINS, QUESTIONS LINGER

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

It's time for the little red lights on the well-worn microphones in Andrew Haydon Hall to go dark, and to save a few bucks by dialling back the sub-arctic air conditioning in the abandoned council chamber.

City council is going on holiday, with no meetings scheduled until late August, and most denizens of the Laurier Avenue bylaw factory could no doubt use some fresh air, time out of each other's faces and maybe fresh perspective on the relatively small knots they've been gamely trying to untangle.

After all, Detroit's bankrupt. Calgary's still wringing itself out. Toronto's got a bad case of the Fords. We could have far worse problems here than jurisdictional wrangles with the feds over the western LRT line or with the province over how many casinos can dance on the head of a business case.

A pause in the action may even help us regain our footing on the ever-shifting, muddied ground on which that casino debate has been taking place.

To recap, back in the fall (and how long ago that seems now) asking the Ontario Lottery and Gaming Corporation to deal us in on a new casino was being billed as the only way to give Rideau Carleton Raceway, soon to be stripped of its slot machines, the replacement revenue it needed to survive.

Despite voicing misgivings about the social and economic costs of expanded gambling, councillors voted to go ahead with the OLG process. It was only recently that some started asking the entirely legitimate question of just how far backwards the city should be bending to rescue the racetrack, which is, after all, a private business.

The one true way to save it, meanwhile, continued to evolve. The week before last, the racetrack's sole hope became staking it out as the only acceptable location for a new casino. Dudgeon — and legal sabre-rattling — ensued from a competing bidder.

So last week, the new, revised and improved plan to protect RCR was to propose not one but two gambling emporiums, one at the track and another elsewhere. Neither the OLG nor Premier Kathleen Wynne has so far expressed conspicuous enthusiasm for this scheme.

It also seems original reports of the raceway's impending demise might have been a little oversold, whether by the mayor or OLG it's not quite clear.

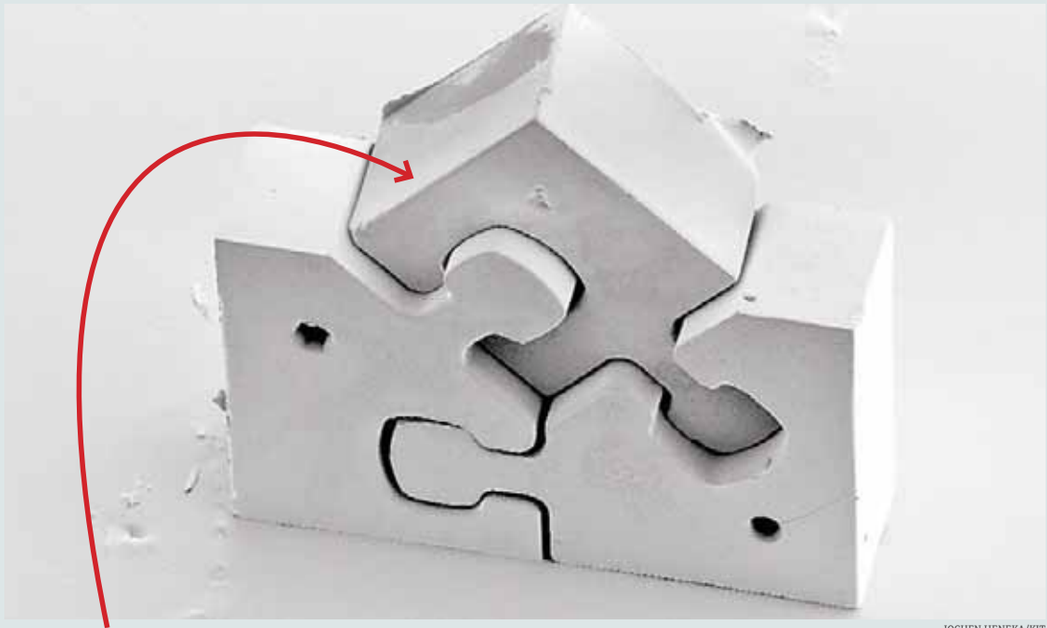
It only got a few minutes' attention out of an hours-long meeting of the finance and economic development committee, but correspondence from OLG's CEO Rod Phillips to staff seems to indicate that if council said no to a new casino, the gaming authority might keep the slots ringing at the racetrack after all, since the operation generates a profit for the province, and some gambling revenue's preferable to none.

Councillors like Peter Clark and Diane Deans, and a not-insignificant number of Ottawa residents who spoke up at the one and only public consultation before this whole mess started, have expressed a marked preference for zero new casinos.

But the status quo wasn't even on the table during last fall's rushed vote or during the ensuing months of racetrack doom-mongering. Why not? Stay tuned. For now, the sunlight beckons outside city hall, and summer's too short.

ZOOM

We're left puzzled by its size



JOCHEN HENEKA/KIT

Jigsaw puzzle is world's smallest

This may not look like the most difficult puzzle to put together but you'll need a good magnifying glass and a steady hand to complete it.

This three-piece jigsaw — created by researchers at the Karlsruhe Institute of Technology in Germany — is the world's smallest puzzle, with each of the parts measuring less than one millimetre in size.

This puzzle was made to showcase a new process of making injection-moulds (used in everything from watches to jet engine parts). The technique enables engineers to "pop out" moulded objects as tiny as a half a millimetre in volume.

METRO

Other 3D feats

- In March 2012, researchers at the Vienna University of Technology created a 3D car in 240 seconds. The car's length was 1/1,000 — the width of a human hair.
- In May 2013, scientists made microscopic flower-like crystals — each flower smaller than the thickness of a bank note.

It's cost-cutting

Because it lacks a substrate layer, which would go to waste after the objects are made, this method is cheaper.

"LIGA2.X ensures higher degrees of freedom in the arrangement of structured mould nests," said Jochen Heneka of KIT's Institute of Microstructure Technology.

METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's plenty of us who use our mobile devices as our primary music players. If that mobile device happens to be a smartphone, then why not take these apps for a spin to introduce you to new sounds while you're at it?

Mixcloud

A Soundcloud competitor that takes direct aim at fans of electronic music, especially DJs who want to upload and share their own mixes. They've had some pretty lousy apps in the past but the newest version is a welcome overhaul. Or skip the app entirely and stream straight from the mobile site. (iOS, Android/Free)

Pocket Hipster

Set two music snobs loose upon your music library, just not with the intention of mocking your vanilla taste. Instead, the Pocket Hipsters are interested only in turning you on to new excellent bands that you may like based on your tastes. Or you can not listen to their suggestions. Whatever. Not like they care. (iOS/Free)

Audyssey Media Player

Now that your library is stocked up, use Audyssey to polish them to a shine. This fantastic app comes preloaded with optimum EQ settings for more than 200 headphones models, allowing listeners to squeeze as much sound quality as their cans will allow. It might seem a little fussy, but, trust us, it works beautifully. (iOS/$0.99)

Comments

RE: Cory Monteith's Cousin Talks Funeral Plans, Drugs, And Lea Michele, published online July 20

This guy seems like a fake or a family outsider who barely knew Cory.

His use of "reincarnated" and "horrified" don't even make sense...

It's obvious he only knows what's already been reported in the media and the family hasn't asked him to speak for them. So again, he sounds like a fool.

MPSmith posted to metronews.ca

He's no more a family spokesman for the Monteith family than I am. He is trying to make a career out of this tragedy. Please, no more press for this guy.

Dak1928 posted to metronews.ca

He threw it all away for drugs.

Snail posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Fresh faces at fest

Jim Rash a Comic-Con newbie

Jim Rash, co-star of TV's Community and co-writer/co-director of the Way, Way Back, seems like a natural fit for San Diego Comic-Con, but he's actually something of a Comic-Con newbie. "I'm a virgin — in a lot of ways," he says with a laugh.

"This is only my second year going, and my first year was just a short, very quick trip where it was the Community panel, a press day and then we got out of here," he says. "This is my first year I'm going to walk on the floor, so I feel like I can't speak to it too much because I'll be a virgin."

NED EHRBAR, MWN

Jim Rash, centre, with EW editor-in-chief Jess Cagle and Breaking Bad creator Vince Gilligan, at San Diego Comic-Con 2013. HANDOUT

Super sequel?

Superman, Batman join forces

Director Zack Snyder and Warner Bros. surprised the San Diego Comic-Con audience with some very big news at their Hall H panel presentation Saturday. In the sequel to Man of Steel, scheduled for release in the summer of 2015, Henry Cavill's Superman will be joined on-screen by Batman, Snyder announced. Cavill will return for the sequel, along with Amy Adams, Laurence Fishburne and Diane Lane, but the role of Batman — most recently played by Christian Bale — has yet to be cast. Christopher Nolan will once again serve as producer.

NED EHRBAR, MWN

Dane is living the dream

The Amazing Spider-Man 2. Dane DeHaan is the next Harry Osborn, taking the torch from James Franco. Here's what he has to say

NED EHRBAR
Metro World News in Hollywood

Dane DeHaan plays Harry Osborn in The Amazing Spider-Man 2. HANDOUT

Dane DeHaan made waves with the Comic-Con crowd as an antihero in Chronicle, and now he's upping his superhero game with the Amazing Spider-Man 2, out next year, in which he plays Harry Osborn — most recently portrayed by James Franco. So we had to ask if there were any other Franco roles he had in mind.

How has your Comic-Con experience been?
I shot a night shoot last night, got here at 8:30 in the morning, did some press with Metallica, and now here I am doing press for Spider-Man, so just another day (laughs). It's insane. The fact that I'm at Comic-Con doing press for Spider-Man is really, I don't know. I mean, certainly a dream come true, and if I try to think about it (it's) definitely an overwhelming thought. So I guess I'm just trying not to think about it.

How do you keep everything straight when you're working on so little sleep?
I only think about things as they're happening, I suppose. I don't try to get ahead of myself. I mean, I'm only technically working on one movie right now, and then I just have to talk about the other ones. I mean, once they're over I can talk about them. That's not really a problem.

For the Amazing Spider-Man 2, you're playing a part most recently played by James Franco. Are there any other James Franco roles you'd like to reinterpret?
Other James Franco roles? Gosh, there's just so many of them. I would like to host the Oscars. Does that count? I'd do a whole new thing. I don't know, maybe it would be fun to take a crack at James Dean — although really it would be terrifying. What other roles has he played that I want to play?

How about Spring Breakers?
I don't know. I think I'll let him have that one.

127 Hours?
Yeah, sure. Something like that. That would be fun.

Box office

The Conjuring scares up big ticket sales

Moviegoers were ready for a fright this weekend, sending The Conjuring into first place at the box office. According to studio estimates Sunday, the Warner Bros. haunted-house horror debuted with $41.5 million in domestic ticket sales, unseating the three-week champ, Despicable Me 2. The Universal film dropped to second place with $25 million. Fox's new animated offering, Turbo, opened with $21.5 million, good for third place. The Sony comedy Grown Ups 2 held onto fourth place in its second week of release, earning $20 million. Summit Entertainment's Red 2, which stars Bruce Willis and Helen Mirren as retired CIA operatives, debuted in fifth place with $18.5 million. The weekend's other new big release, the Jeff Bridges-Ryan Reynolds caper R.I.P.D., opened with a disappointing $12.76 million.

THE ASSOCIATED PRESS

Pegg's at war with himself over 'Star' franchises

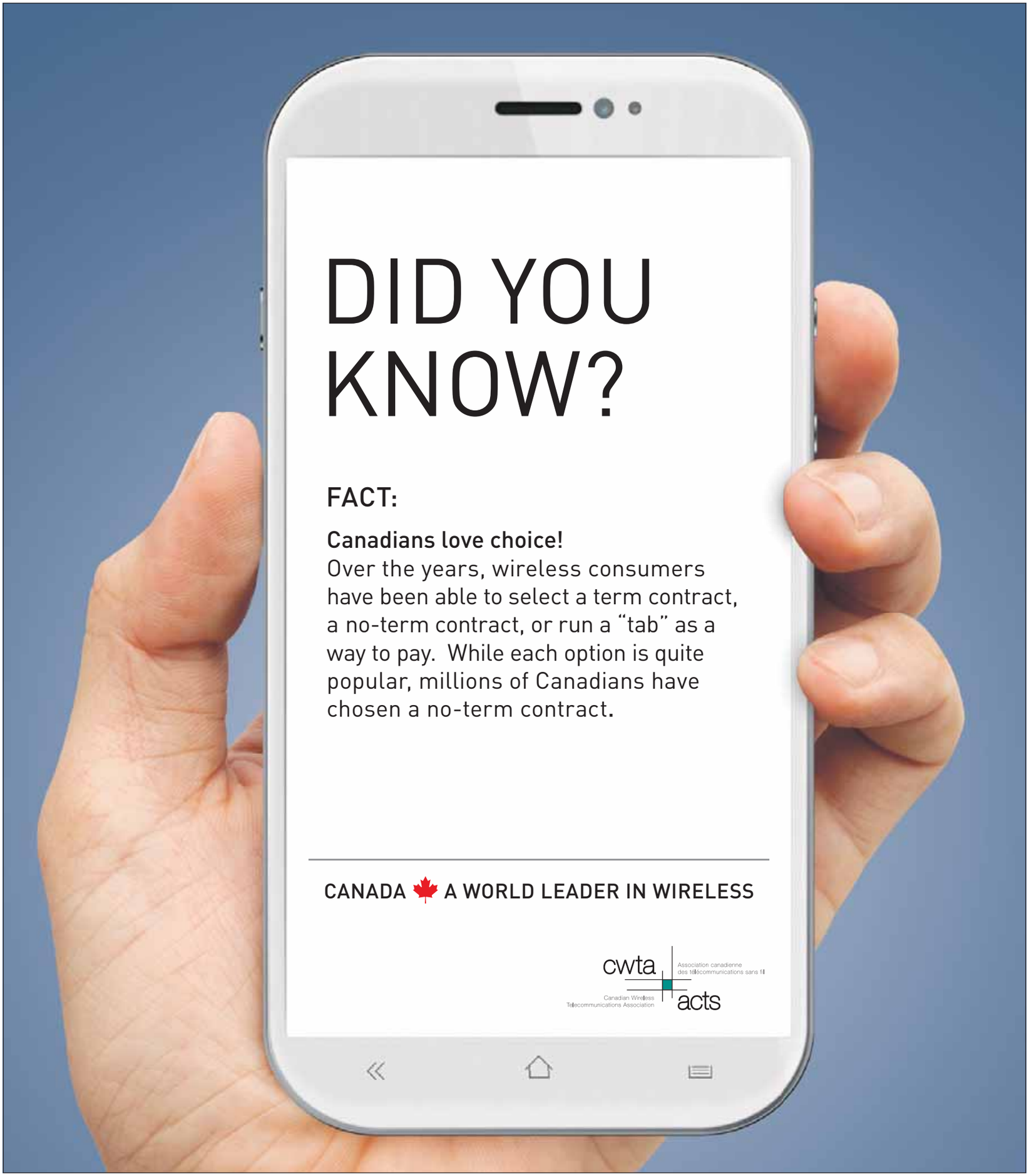
Simon Pegg. HANDOUT

Much like Tim, the comic book geek he played on his British comedy series Spaced, Simon Pegg was clearly less than thrilled by the Star Wars prequels. Now that the franchise is being revived by his Star Trek boss, J.J. Abrams, Pegg admits he's feeling a bit conflicted.

"I had mixed emotions when I found out that J.J. was doing Star Wars," he tells us while promoting the World's End at San Diego Comic-Con. "My first thought was, 'Oh no, Dad's had another baby. It's like we're not the cute kid anymore, he's going to be playing with the baby now.' And then secondly I was like, 'Geez, it's going to be good. I'm going to have to like it again now.' I'd just gotten used to being OK with hating Star Wars, and now it's like, 'Oh no, I'm going to have to like it again!'"

As for his work with Abrams on that other science fiction franchise, Pegg has some interesting ideas about what adventures his character, Scotty, could have in a third Star Trek film — and co-star Zachary Quinto, who plays Spock, better watch his back.

More than anything, Pegg wants Scotty to "make out with Uhura," played by Zoe Saldana. "I'd like one of those arena-style fights with Spock, get a big kiss off Zoe. But inevitably, Zach would beat the s— out of me, as a lowly Scottish engineer," he says with a laugh. MWN


DID YOU KNOW?
FACT:
Canadians love choice!
Over the years, wireless consumers have been able to select a term contract, a no-term contract, or run a "tab" as a way to pay. While each option is quite popular, millions of Canadians have chosen a no-term contract.
CANADA A WORLD LEADER IN WIRELESS
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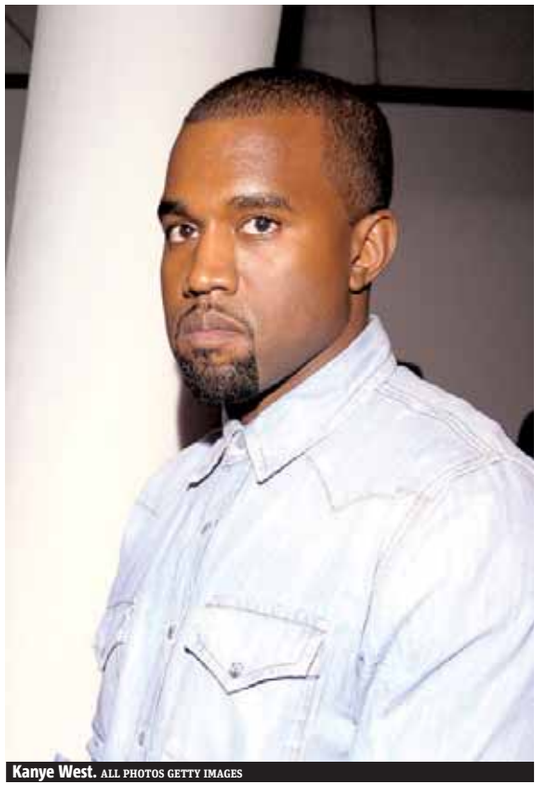
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Kanye West. ALL PHOTOS GETTY IMAGES

Kanye has no love for the paparazzi

Kanye West's ongoing tensions with paparazzi boiled over this weekend when the rapper came to blows with a photographer outside of the LAX airport, according to TMZ.

It's unclear what spurred the altercation, but sources say West went after the "especially aggressive" photographer and tried to take away his camera, pulling him to the ground. West was no longer on the scene when police arrived. The photographer was taken to a local hospital to undergo X-rays on his hip, which he claimed he injured in the fight.

The Word

Spit take: Justin Bieber did something awful again

STARGAZING
Malene Arpe
scene@metronews.ca

Loblaw buys Shopper's Drugmart. I really cannot decide if I'm more excited about President's Choice Black Label Tuscan Wart Remover or Life Brand Three-Cheese Mouthwash.

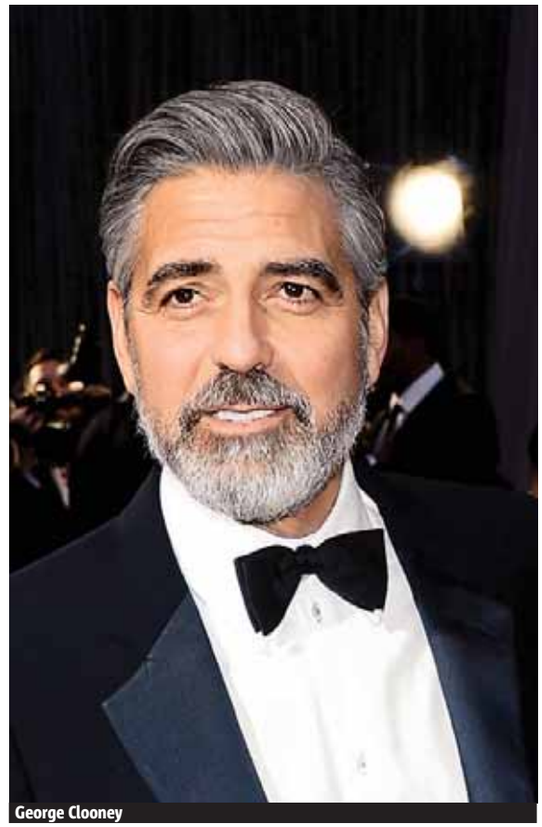
The band **Korn** is growing, yes, corn using a hydroponics system at their studio. "Hmmm..." says Meatloaf to himself and nods.

Justin Bieber allegedly spits in some DJ's face. Everyone should just calm right down. Clearly what happened is that Justin mistook the guy for a spittoon that a minimum-wage earner will be along to deal with later.

Rumour has it that **Kristen Stewart** is now dating **Michael Pitt**. It sounds like the perfect match. They both enjoy music, old movies and sneering.

Lindsay Lohan will earn some $2 million for an eight-part reality series on **Oprah**'s OWN. Not only that, but Lindsay will also get a stylist and two assistants. The money is in the bank. The stylist and two assistants will be on their way just as soon as someone loses the Play For A Chance Not To Be **Lindsay Lohan**'s Stylist and Two Assistants game.

Kanye West's new fashion line for A.P.C. features a $125 plain white T-shirt. "That's so cute. For an amateur," says **Gwyneth Paltrow** and goes back to the promotional material for her upcoming $70-tube sock collection.



George Clooney

Longoria disputes George Clooney rumours

George Clooney reportedly tried and failed to woo Eva Longoria while he was still dating now-ex-girlfriend Stacy Keibler, according to Us Weekly.

The two stars spent time socializing at the Soho House in Berlin back in March "but did not hook up," a source explains. "George began pursuing Eva. He told her that he was still with Stacy but had plans to break up with her and was interested in being with Eva."

And apparently when Longoria politely turned down his offer, he "continued to pursue her with texts and calls. Eva made it clear to him that she would not date or be with him until he was completely single."

But not so fast, according to Longoria herself. The former Desperate Housewives star took to Twitter to dispute it.

"As interesting as the George Clooney rumours are, they aren't true. George and I have been friends for years," she said.

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Jesse Tyler Ferguson

Keeping that family modern

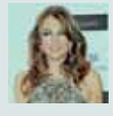
Modern Family star Jesse Tyler Ferguson married boyfriend Justin Mikita in New York City this weekend, tying the knot in front of 200 friends and family, according to Us Weekly.

Guests included Ferguson's co-stars Julie Bowen, Ty Burrell and Eric Stonestreet as well as Zachary Quinto, Rebecca Romijn and Padma Lakshmi, among others.

Ferguson and Mikita have been dating each other two years.

Twitter

@JoshRadnor
Probably no crime in San Diego tonight. Superhero on every corner. #ComicCon



@ElizabethHurley
What heaven to drive in London at 6 am on a Sunday. Zero traffic.

@Sethrogen
This Superman/Batman news is really gonna steal attention from The Lone Ranger/Green Hornet movie we were planning.

Mother and sun

Protect yourself from being too hot a "hot mama"

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Summer travel means summer sun, and while moms are diligent about slathering their kids with sunscreen, plopping sunhats on their heads and wrestling shirts onto them, they need to remember a sunburn for themselves is just as harmful. At a minimum, sun damage causes wrinkles and sunspots. At worst, it can cause skin cancer.

Sunscreen is a must, even if you don't normally burn. Choose an appropriate SPF level and make sure it's waterproof if you plan on being in the water. Experts suggest you need about two tablespoons for full coverage, and you should reapply frequently.

Hats not only protect from sunburns, but also against heatstroke. Or, stay out of the sun completely by using a big umbrella to avoid being a real "hot mama."

Moms are diligent about protecting kids from the sun, but what about themselves? ISTOCK

Online

Motherhood has turned Mommy into the Worst Friend in the World. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.

Sing a little prayer for you: How a simple song could help preemies

Music therapy. Studies suggest the vibrations, soothing rhythms might benefit newborns who are too fragile to be comforted by hand

Study

Joanne Loewy led a study published last month in the journal Pediatrics. Therapists in the study played small drums to mimic womb sounds and timed the rhythm to match the infants' heartbeats.

- The music appeared to slow the infants' heartbeats, calm their breathing and improve sucking and sleeping, Loewy said.

Music therapist Elizabeth Klinger quietly plays guitar and sings for Augustin as he grips the hand of his mother, Lucy Morales, in the newborn intensive care unit at Ann & Robert H. Lurie Children's Hospital in Chicago. M. SPENCER GREEN/THE ASSOCIATED PRESS

As the guitarist strums and sings a lullaby in Spanish, Augustin Morales stops squirming in his crib and closes his eyes.

This is therapy in a newborn intensive care unit, and research suggests that music may help those born way too soon adapt to life outside the womb.

Some preemies are too small and fragile to be held and comforted by human touch, and many are often fussy and show other signs of stress. Other complications include immature lungs, eye disease, problems with sucking and sleeping difficulties.

Recent studies and reports suggest the vibrations and soothing rhythms of music, especially performed live in the hospital, might benefit preemies and other sick babies.

Many insurers won't pay for music therapy because of doubts that it results in any lasting medical improvement. Some doctors say music works best at relieving babies' stress and helping parents bond with infants too sick to go home.

But amid beeping monitors, IV poles and breathing tubes in infants' rooms at Chicago's Ann & Robert H. Lurie Children's Hospital, music therapist Elizabeth Klinger provides a soothing contrast that even the tiniest babies seem to notice.

"What music therapy can uniquely provide is that passive listening experience that just encourages relaxation for the patient, encourages participation by the family," Klinger said after a recent session in Augustin's hospital room.

The baby's parents, Lucy Morales and Alejandro Moran, stood at the crib and whispered lovingly to their son as Klinger played lullabies.

"The music relaxes him; it makes him feel more calm," Morales said. "Sometimes it makes us cry."

More than two dozen U.S. hospitals offer music therapy in their newborn intensive care units and its popularity is growing, said Joanne Loewy, who directs a music and medicine program at Beth Israel Medical Center in New York.

Preemies' music therapy was even featured on a recent episode of American Idol, when show finalist Kree Harrison watched a therapist working with a tiny baby at Children's Hospital Los Angeles.

"Music is such a huge part of our lives and to do something like this, make it a sort of healing process, is a cool thing," Harrison said.

THE ASSOCIATED PRESS

Gelatin: not just for snack time anymore

A negative image, left, and a positive is shown. KRISTEN SUTCLIFFE/NEW HOUSE PROJECT/THE ASSOCIATED PRESS

One crafting idea that may amaze kids of all ages is gelatin printing. This low-tech craft uses: a pan of gelatin, ink, paper, an ink brayer and a collection of leaves. That's it.

1. In a large pot, bring 5 cups of water to boil, then whisk in gelatin, one packet at a time, avoiding clumps. Pour mixture onto baking sheet and allow to cool and set.

2. To print, pour a small amount of ink onto the plate; use the brayer to fully cover the gelatin with ink. Place leaves on the ink-covered gelatin. Place your paper or fabric on top; rub.

3. Remove the paper or fabric: This is your first print.

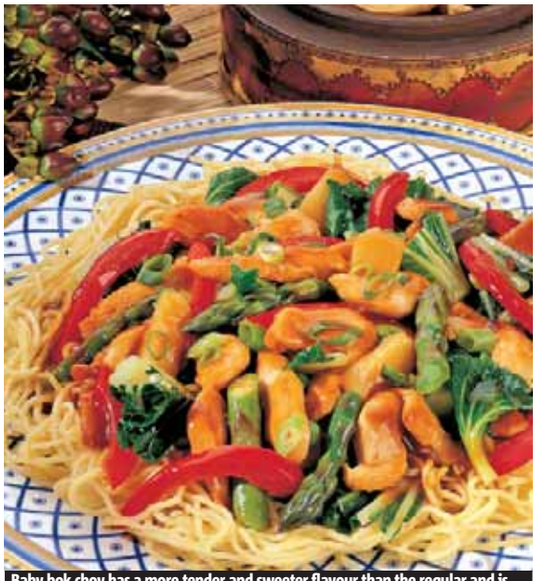
4. Carefully remove leaves from the baking sheet and place a new piece of paper or fabric over the ink and rub; remove. This provides the positive print.

5. Re-ink the gelatin to make additional positive and negative prints. THE ASSOCIATED PRESS

Ingredients

- 5 cups water
- 8 1/4-ounce packet gelatin
- 9x13-in baking sheet w/ edges
- Printing ink
- Paper plate
- Printmaking brayer
- Assorted leaves
- Paper or fabric

Chicken and asparagus can help cause a stir-fry at dinner



Baby bok choy has a more tender and sweeter flavour than the regular and is readily available. MARK SHAPIRO/ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

A stir-fry is a quick one-pot dish. Serve it alongside some rice and you have the perfect meal.

1. In bowl, whisk together stock, oyster sauce, vinegar, honey, soya sauce, cornstarch, garlic and ginger; set aside.

2. In a nonstick skillet or wok sprayed with vegetable spray, stir-fry chicken strips for 3 to 4 minutes, stirring constantly, or until just cooked at centre. Remove chicken from skillet.

3. Heat oil in skillet over high heat. Add asparagus and red pepper strips and stir-fry for 3 minutes, stirring constantly, or until tender-crisp. Add bok choy and water chestnuts and stir-fry for 1 minute or until bok choy wilts. Stir sauce again and add to wok along with chicken strips. Cook for 2 minutes or until thickened slightly. Garnish with green onions.

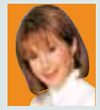
Ingredients

- 3/4 cup chicken stock
- 3 tbsp oyster sauce
- 1 1/2 tbsp rice wine vinegar
- 2 tbsp honey
- 1 tbsp soya sauce
- 1 tbsp cornstarch
- 1 1/2 tsp minced garlic
- 1 1/2 tsp minced ginger
- 12 oz skinless, boneless chicken breast, cut in thin strips
- 2 tsp vegetable oil
- 2 cups asparagus cut into 1-inch pieces
- 1 cup sliced red peppers
- 4 cups sliced baby bok choy
- 1 cup water chestnuts
- 1/2 cup chopped green onions

ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Healthy eating

Choose it and lose it



ROSE REISMAN
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Pop-in-your-mouth snacks can be quite satisfying. What isn't is the amount of calories, fat and sodium in certain favourites.

4 M&M mozzarella sticks

340 calories / 20 g fat / 920 mg sodium

Why take natural foods like cheese and bread and fry them? You're adding extra calories, fat and sodium to a perfectly healthy food.

Equivalent

Four M&M Mozzarella sticks are equivalent in fat to 1 3/4 packages of Chef George's pâté.

3 M&M four-cheese bite-size pizzas

160 calories / 7 g fat / 370 mg sodium

You'll find the bite-size pizzas more filling, and you'll save more than half the calories, fat and sodium.

Access your inner Colonel with this top-notch chicken

Inspired by a recipe by celebrity chef Tyler Florence, this is a great fried chicken to make for yourself at home, just in case you're unable to make it out to Florence's restaurant any time soon. MATTHEW MEAD/THE ASSOCIATED PRESS

1. To poach the chicken, in a large saucepan, combine broth, rosemary, peppercorns and salt. Bring to a bare simmer, then add chicken thighs. Return to a simmer, then cover and cook for 15 to 20 minutes, or until the meat reaches 165 F.

2. Meanwhile, in a food processor, combine flour, sage, rosemary, garlic powder, thyme, salt and pepper. Process until seasonings are finely ground. Transfer mixture to a gallon-size plastic bag. Place panko in a second gallon-size plastic bag.

3. Once chicken has finished poaching, transfer thighs to a cutting board. Let cool until easily handled, then pat dry.

4. Place buttermilk in a wide, shallow bowl and beaten eggs in another similar bowl.

5. One at a time, soak each thigh briefly in buttermilk then remove, shaking off excess, and place in bag with flour mixture. Gently shake to coat. Remove thigh from mixture, then dredge though eggs. Remove thigh, shaking off excess, then place in bag with panko. Gently shake to coat.

6. Set breaded chicken thigh on a rimmed baking sheet. Repeat with remaining thighs.

7. When ready to fry, heat oil in a large, deep saucepan over medium-high heat to 400 F. You'll need an instant thermometer to monitor the temperature. Heat oven to 200 F. Once oil reaches temperature, carefully set 2 thighs into the oil at a time and cook, turning once, for 10 to 15 seconds, or until golden brown. Use tongs to transfer fried chicken to a clean rimmed baking sheet and set in the oven to keep warm.

8. Allow the oil to return to 400 F, then continue cooking the chicken in batches.

THE ASSOCIATED PRESS

Ingredients

- 6 cups chicken broth
- 3 sprigs fresh rosemary
- 1 tbsp lightly crushed black peppercorns
- 1/2 tbsp kosher salt
- 3 lbs boneless, skinless chicken thighs
- 1 cup all-purpose flour
- 12 fresh sage leaves
- 2 large sprigs fresh rosemary
- 1 tsp garlic powder
- 2 tbsp chopped fresh thyme
- 2 tsp kosher salt
- 1/2 tsp ground black pepper
- 3 cups panko breadcrumbs
- 1 cup buttermilk
- 3 eggs, beaten with 1 tablespoon water
- 1 qt peanut oil

Found in translation: Working your way through the world of words

It's not all talk.
Becoming a translator takes more than a day spent with your dictionary

YLVA
VAN BUUREN
CareerBear.com

The words "translator" and "interpreter" are often used interchangeably — but they are actually two distinct careers requiring different skill sets and training. A translator translates written materials from one language into another. An interpreter works with the spoken word.

A translator doesn't simply change one word for the same word in a different language. Translators need to have exceptional writing skills, translating the mood, style, tone and attitude of the original document so the new work doesn't sound like a translation.

What will I be?

Career opportunities

- Employee at translation agency
- Translator for a company or non-profit organization
- Author's translator
- Government translator
- Self-employed

While much of the translation work done in Canada is from English into French and vice versa, the field is growing. Service Canada projected that until 2018 about 30 per cent of job openings for translators will come from the expansion of languages spoken here. ISTOCK

What does a translator's day consist of?

For the most part, you translate written material, which can include reports, emails, web copy, advertising materials, brochures, legal and business documents, literary works, textbooks, instructional guides and technical manuals. You are also reading, writing and referencing language guides, proofreading, and communicating with clients and colleagues.

Many translators have a B.A. in translation from a university. If you want to practise under the official title of Certified Translator, you must pass an exam from a provincial brand of the Canadian Translators, Terminologies and Interpreters Council.

Face the facts

- **SALARY EXPECTATIONS:** Average salary, $50k.
- **CAREER TRACKING:** Translators may start their careers doing casual work for small companies. But as they acquire expertise and skills, they will most likely be hired as a full-time translator. Eventually they may start their own translation business.
- **SUCCESSFUL TRANSLATORS ARE:** Curious, detail oriented, self-directed, language aficionados, good researchers, specialists in specific areas of translation

CAREER BEAR IS CANADA'S PREMIER SOURCE FOR PEOPLE WHO WANT A NEW CAREER BUT AREN'T SURE WHERE TO START. VISITORS TO THE WEBSITE CAN BROWSE CAREERS BY INDUSTRY, SALARY, OUTLOOK OR ALPHABETICAL LISTING AND FIND JOB PROFILES, QUICK CAREER FACTS AND TRAINING PROGRAMS NEAR THEM.

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Plug it in, plug it in.
A connected work den that's distraction-free

Get a head start on the school year and begin building your homework haven today. ISTOCK

Where your kids complete their schoolwork and how you design this space can play a big role in their learning and productivity. More than ever, students have extra assignments to complete at home, so it's important for families to set up a connected homework space to ensure their kids have the tools to be successful.

"Creating a welcoming space that's comfortable and flexible can help your child establish good homework habits that will last a lifetime," says Stephanie Lancaster, tech advisor at Rogers.

"As with any good habit, starting early and staying consistent are key."

To help your children thrive when this school year comes around, here are some tips on creating a connected homework space:

• Set a daily time for homework. Depending on your family's schedule, the best time might be right after school or after dinner.

• Gain access to a secure Wi-Fi home network. Printing documents or saving presentations on an external drive is easier when all of your devices are connected on one network.

Come on in!

"Creating a welcoming space that's comfortable and flexible can help your child establish good homework habits that will last a lifetime."

Stephanie Lancaster
Tech advisor, Rogers

Technical support services are available to help set up your Wi-Fi connection and ensure you've secured your network correctly.

• Be flexible with different work stations around the house. With connected tablets and laptops, kids can set up a homework space in any location of the house accessible to the Wi-Fi connection, making it easy to move from the kitchen to the home office.

• Complete your paperwork at the same time. Try to spend part of homework time sitting next to your child, catching up on your own paperwork so that your child feels like he has a homework buddy working along side him or her.

NEWS CANADA

Get on the brand wagon

Things just got personal. Graduating students are advised to make a move and make their mark

Today's seasoned professionals recognize the challenges they face trying to stand out in a crowd of new grads.

There are ways to market yourself in a professional and effective manner. While there is no foolproof algorithm to produce the perfect professional brand, being knowledgeable, credible, authentic and trustworthy puts you on the right track as these are all qualities of a solid, hireable professional.

Marc Quesnel, CGA, is the president of QMR Consulting and Professional Staffing, a firm in the financial and corporate management industry operating in Ottawa. With years of experience navigating the careers of financial and business professionals, Quesnel offers young professionals advice on how to create and maintain a strong professional brand that will ensure their future successes.

How can you stand in a class of your own? By being authentic, being yourself and creating a brand that reflects the real you. ISTOCK

Be a lifelong learner

An undergraduate degree isn't necessarily the end of formal learning. For many, the next step is a professional designation. Quesnel attributes much of his success to his pursuit of a professional designation within his industry.

Learning should be a lifelong pursuit throughout your career — so start your learning plan now. What skill do you want to learn; what personality trait do you want to develop? Being conscious of opportunities for growth and development will help to keep you and your skills current. Those who subscribe to a life full of learning end up as successful CEOs, CFOs, COOs and entrepreneurs.

I'll stand by you

Be consistent and trustworthy

- **Consistently reinforce your brand.** No one will believe, trust or hire someone who is inconsistent or seemingly untrustworthy.

Start networking

Peer-to-peer networking can open up many opportunities. A professional association is a great resource for making connections, as are industry associations and service clubs. Join organizations that reflect your goals and values.

Make sure your online presence reflects your brand

Don't cripple your professional brand with an unprofessional online presence.

Baby remember my name

"Your brand is ultimately your reputation. It's not just the image you present to the world; it's also how the world perceives you. Good or bad, your reputation will follow you throughout your career and be a key factor in determining your success."

Marc Quesnel
President of QMR Consulting and Professional Staffing

Employers use LinkedIn, Facebook and Google, too. Post accomplishments that enhance the impression you want to leave and delete information that presents a brand that you have outgrown.

Volunteer for charitable causes

Develop your skills, broaden your perspective and advance your career while doing good.

"Your brand is ultimately your reputation," Quesnel advises. "It's not just the image you present to the world; it's also how the world perceives you. Good or bad, your reputation will follow you throughout your career and be a key factor in determining your success."

Every academic and accredited professional has worked hard for their degree and/or designation.

Learn how you can do more with your career and the diverse opportunities that are available to you.

NEWS CANADA

Mind your body and your business

All work, no walk, makes Jack a sick boy.
Don't forget to pencil wellness into your working day

Even if you eat well and exercise regularly, sitting at a desk for eight hours a day can negatively impact your health. According to Sherry Torkos, pharmacist and author of The Canadian Encyclopedia of Natural Medicine, there are a few simple ways you can stay healthy at your desk job.

Rest your eyes
Staring at a computer screen all day can cause regular users to experience vision problems.

Blinking frequently and giving your eyes the chance to regularly focus on something more distant can reduce eyestrain. Setting a timer to remind you to look away from the screen every 20 minutes will help relax your eyes and reduce fatigue.

If you can't seem to get your point across via email, take the opportunity to meet a client outside of the office. ISTOCK

Talk in person
Telephone calls, emails and other technological tools improve time management, but they can also contribute to an unhealthy office environment. Take opportunities to walk to a co-worker's office and talk face-to-face instead of sending an email or picking up the phone.

Having walking meetings can also be a useful way to boost energy and alertness. This allows employees to get up, stretch their legs and reduce the negative impact of sitting at a desk without affecting productivity.

Stand up for phone calls
If you do have to use the phone, stand up anytime you make or receive a call. This will give you the opportunity to stretch your legs several times a day and will become a habit helping you to lower the harmful effects of being inactive. Standing for phone calls will also generate energy in your body and your voice.

NEWS CANADA

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FULL TIME SENIOR PHARMACY ASSISTANTS: Desjardins Pharmacy is currently seeking Senior Pharmacy Assistants for retail dispensaries located at the General Campus and Civic Campus of The Ottawa Hospital. Candidates must possess a Pharmacy Assistant Diploma and 3 years of relevant working experience. To be successful in these roles, candidates must have strong organizational and problem solving skills, an ability to multitask in a fast paced environment, good knowledge of medication and a solid understanding of 3rd party insurance plans. Bilingualism is an asset.

For General Campus: send your resume by email to jauprix@oms.ca or by fax to 613.731.3025.
For Civic Campus: send your resume by email to nsaatcioglu@oms.ca or by fax to 613.761.4498.

FULL TIME PHARMACY ASSISTANTS: Desjardins Pharmacy is currently seeking Pharmacy Assistants for its Home Infusion Division located in the East End of Ottawa. Candidates must possess a Pharmacy Assistant Diploma and/or relevant working experience. To be successful in these roles, candidates must have strong organizational and problem solving skills, sound judgment, an ability to multitask in a fast paced environment and knowledge of ascetic technique.

Please send your resume by email to ccorban@oms.ca or by fax to 613.244.3826.

FULL TIME PHARMACY ASSISTANTS/CLERKS: Desjardins Pharmacy is currently seeking Pharmacy Assistants/Clerks for retail dispensaries located at the General Campus and Civic Campus of The Ottawa Hospital. Candidates must possess relevant experience working in a retail and customer service setting. To be successful in these roles, candidates must have strong customer service skills, an ability to multitask in a fast paced environment, experience with point of sale systems and basic knowledge of retail inventory practices. Bilingualism is an asset.

For General Campus: send your resume by email to jauprix@oms.ca or by fax to 613.731.3025.
For Civic Campus: send your resume by email to nsaatcioglu@oms.ca or by fax to 613.761.4498.

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Phil Mickelson reacts after making a birdie putt to finish the final round of the British Open with a 5-under 66, Sunday, in Gullane, Scotland. The lefty won the championship by three strokes. ANDY LYONS/GETTY IMAGES

Lefty laughs last

British Open. Mickelson rallies late in final round to capture Claret Jug

Quoted

"I've always tried to go out and get it. I don't want anybody to hand it to me. I want to go out and get it. And today I did." Phil Mickelson

One of the greatest final rounds in a major. Two of the best shots he ever struck with a 3-wood. The third leg of the Grand Slam.

Phil Mickelson never imagined any of this happening at the British Open.

No wonder he never took his hand off the base of that silver Claret Jug as he talked about the best Sunday he ever had at a major. Five shots out of the lead, Mickelson blew past Tiger Woods, caught up to Lee Westwood and Masters champion Adam Scott, and won golf's oldest championship with the lowest final round in his 80 majors.

With four birdies over the last six holes, Mickelson closed with a 5-under 66 for a three-shot win over Henrik Stenson.

No longer is he mystified by links golf, and he has his name etched in that jug to prove it.

"This is such an accomplishment for me because I just never knew if I'd be able to develop the game to play links golf effectively," Mickelson said. "To play the best round arguably of my career, to putt better than I've ever putted, to shoot the round of my life ... it feels amazing to win the Claret Jug."

Westwood, who started the day with a two-shot lead, fell behind for the first time all day with a bogey on the par-3 13th hole and never recovered, closing with a 75.

Scott took the outright lead with a four-foot birdie on the 11th, and then made four straight bogeys starting at the 13th, and a final bogey on the 18th gave him a 72.

Woods, in his best position to win a major since the crisis in his personal life, stumbled badly on his way to a 74 and was never a serious challenger.

Tied for the lead, Mickelson smashed a 3-wood onto the green at the par-5 17th to about 25 feet for a two-putt birdie, and finished in style with a 10-foot birdie putt on the 18th to match the lowest score of this championship.

THE ASSOCIATED PRESS

Cycling

Froome caps dominating Tour

Chris Froome won the 100th Tour de France on Sunday, having dominated rivals over three weeks on the road and adroitly dealing with doping suspicions off it.

Froome rode into Paris in style — in the yellow race leader's jersey he took on Stage 8 and never relinquished, vigorously fending off rivals whose concerted challenges turned this Tour into a thriller. Froome and his Sky teammates linked arms as they rode for the line.

As per tradition and because Froome's big race lead made him untouchable, Sunday's 133-kilometre final ride was largely a leisurely affair with riders pedalling up to Froome to offer congratulations.

THE ASSOCIATED PRESS

MLB

Blue Jays swept away by Rays

Luke Scott and Kelly Johnson hit back-to-back home runs Sunday as the Tampa Bay Rays again used the long ball to complete a three-game sweep of the Toronto Blue Jays with a 4-3 victory.

Evan Longoria also went deep for the Rays (58-41), who hit seven home runs in the weekend series.

Toronto scored two in the ninth to cut Tampa Bay's lead to one when Jose Reyes doubled home Josh Thole and Brett Lawrie, but closer Fernando Rodney struck out Jose Bautista and got ground balls from Edwin Encarnacion and Melky Cabrera to pick up his 24th save. THE ASSOCIATED PRESS

Bedard lauded for pulling himself from no-hitter

Houston manager Bo Porter signals to the bullpen for a reliever to replace starter Erik Bedard, centre, on Saturday in Houston. SCOTT HALLERAN/GETTY IMAGES

Houston manager Bo Porter defended Erik Bedard's decision to remove himself from Saturday night's game against Seattle with a no-hitter in the seventh inning because of a high pitch count and said he wouldn't have let the left-hander stay in much longer.

Bedard, an Ottawa native who has had three shoulder surgeries, chose to leave the game after working 6 1/3 because he had thrown 109 pitches.

Porter said before Sunday's game against Seattle that he would have pulled Bedard at 120 pitches and said: "I respect him for making the decision that he made and I'm fine with it."

No-blame game

"If the guy says he's done, you can't leave him in there and put him in a position to fail."

Seattle manager Eric Wedge, who said he agreed with Houston manager Bo Porter's decision to relieve Erik Bedard.

He then added that he trusted that the 34-year-old Bedard knew his body and how far he could push himself.

"Whenever you start to talk about health issues, I'm always one that leans toward the side of protecting the player," Porter said. "I told Erik before he even went out there, I said: 'It's going to be your call.'"

Bedard was replaced by Jose Cisnero and he gave up a two-run double to Victoria's Michael Saunders.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
The more people you meet in the world at large this week the better your chances of success will be.

♉ Taurus
April 21 - May 21
Because there is a full moon at one of the more sensitive points of your chart you will be more emotional than usual.

♊ Gemini
May 22 - June 21
You may not agree with some of the opinions you hear over the next 24 hours but you need to remember that everyone is entitled to their say. If you make an effort to listen you may even learn something interesting.

♋ Cancer
June 22 - July 23
You are in one of your more impulsive moods and today's full moon will encourage you to spend, spend, spend.

♌ Leo
July 24 - Aug. 23
You would never let another person dictate to you what you can and cannot do with your life, so don't try to dictate to them. The message of the stars today is Live and Let Live. Then everyone will be happy.

♍ Virgo
Aug. 24 - Sept. 23
Don't allow yourself to be talked into doing something you don't feel like doing. You are happy to help others out, of course, but if you have any kind of doubts you must act on what your intuition tells you.

♎ Libra
Sept. 24 - Oct. 23
Handle affairs of the heart with care today because the full moon makes everyone a bit more sensitive than usual. If you say or do something a loved one thinks is needlessly harsh it could sour your relationship.

♏ Scorpio
Oct. 24 - Nov. 22
Someone is determined to make a drama out of a crisis and the more you try to persuade them there is nothing to worry about the more emotional they will get.

♐ Sagittarius
Nov. 23 - Dec. 21
Enjoy life by all means but don't overdo it. You could get quite excitable over the next 24 hours and who knows where that might lead!

♑ Capricorn
Dec. 22 - Jan. 20
You may be cautious by nature but you will nevertheless be tempted to spend big today – and chances are you will regret it. The safest place for your cash and your credit cards is in a locked wallet.

♒ Aquarius
Jan. 21 - Feb. 19
You may be tempted to say and do things for their shock value alone. It's fun, of course, but what of the costs?

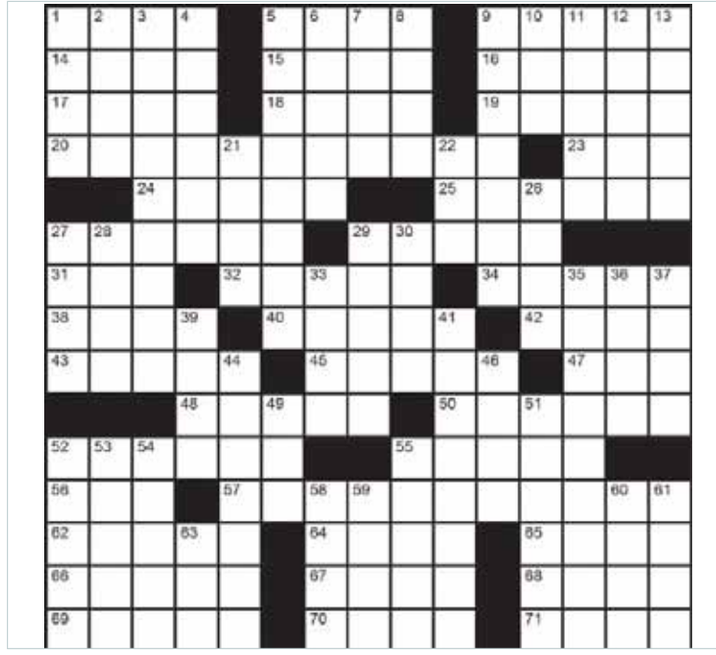
♓ Pisces
Feb. 20 - March 20
You know that something is going on but you can't work out what it is. Don't worry: ignorance is bliss. The less informed you are the more honestly you can claim that you are not to blame for the consequences.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



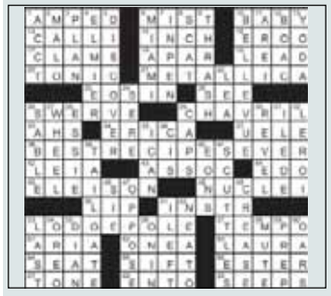
Across

1. Family members, for short
5. Men's cologne brand
9. Rideau __
14. Miss
15. Taken-back vehicle
16. Psychedelic psychologist Timothy
17. Roman love god
18. Capital of Samoa
19. "It's _ __!" (There's meaning)
20. 1986 Bangles hit: 2 wds.
23. Maria Trapp connector
24. Go with the flow
25. Pressure
27. Mr. De Niro
29. Lake __ (American resort)
31. Mr. Philips of stand-up
32. Cherished
34. Janet Jackson hit
38. Irish songstress
40. Google mobile device brand
42. Cookies company
43. Whitney Houston's "__ We Almost Have It All"
45. Illegally lift
47. PBS funding org.
48. Garbs for bagpipers
50. Heavy or sluggish
52. __ Beach, ON
55. Flavourless
56. Classic TV Cousin
57. Manitoba community originally an HBC trading post: 2 wds.
62. Haida __ (Archipelago off BC's coast)
64. "Downton Abbey" role
65. Barge __ __ (Intrude)
66. Undergarments brand
67. Elvis Presley link, variantly
68. Tidy
69. Stuff for Oscar's can
70. Actress, Sherilyn __
71. Cook's li'l quantities

Down

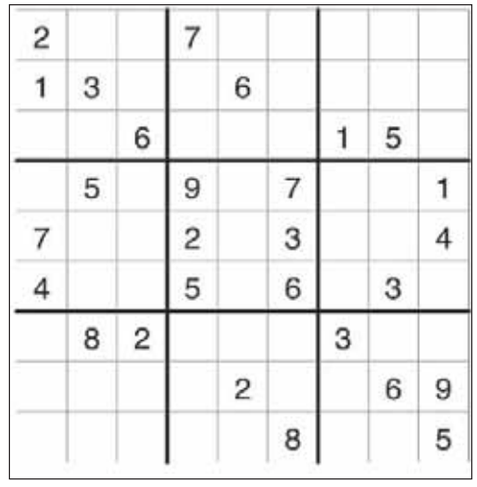
1. Wander
2. Ex-Spice Girl Ms. Bunton
3. Canada's 'First Lady of the Guitar': 2 wds.
4. Footstep
5. 'Flower City' in the Greater Toronto Area
6. Get the plant a new container
7. __ the air (Undecided): 2 wds.
8. It's an amphibian
9. Canadian Music Hall of Famer, David __-Thomas
10. Bronze Roman money
11. Gullible
12. T.O. players
13. Ms. Redgrave's
21. Poet Mr. Sandburg
22. Hair hue, __ blonde
26. Try for a role
27. Oliver of "Oliver!" (1968)
28. Dodge car of yore
29. Communicates via smartphone
30. _ __ (Together, in music)
33. Suit garment
35. SK's Athabasca __ __ Provincial Park
36. Oxygen-giver
37. Bring forth a lamb
39. "Diana" singer Paul
41. Salvation Army, colloquially: 2 wds.
44. Community on PEI's northwestern tip
46. Donnie Iris song: "Ah! __!"
49. Philosopher, __-tzu
51. Sprinkle with holy oil
52. English Channel sight, Isle of __
53. Battling: 2 wds.
54. Ms. Katic, Hamilton-born actress
55. Tycoon
58. Mil. fliers
59. Had on
60. Sudsy stuff
61. Tree-like Tolkien creatures
63. Y-ending word's plural suffix

Friday's Crossword

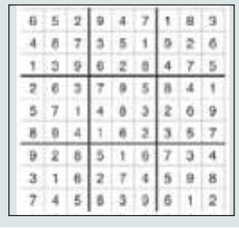


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku



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